



THANKFUL FOR GOOD **PE-RU-NA** DID HER YEARS AGO  
Keeps the Medicine with Her for Safety

Mrs. Carl Linder, R. F. D. No. 2, Box 44, Dassel, Minnesota, writes: "I want to thank you for your kindness and the good your remedy did me years ago. I am perfectly well and visiting in Spokane, Wash. Were it not for Pe-ru-na I would not have been able to make this trip. I always take your medicine with me for safety should I take cold. Praise to Pe-ru-na."

As an emergency remedy for everyday ills, Pe-ru-na has been in use fifty years.

TABLETS OR LIQUID SOLD EVERYWHERE

## WINTERSMITH'S CHILL TONIC

SOLD 50 YEARS—A FINE GENERAL TONIC  
If not sold by your druggist, write Wintersmith Chemical Co., Louisville, Ky.



is what one mother writes of Mrs. Winslow's Syrup. Thousands of other mothers have found this safe, pleasant, effective remedy a boon when baby's little stomach is upset. For constipation, flatulency, colic and diarrhoea, there is nothing like

**MRS. WINSLOW'S SYRUP**

The Infants' and Children's Regulator. It is especially good at teething time. Complete formula on every label. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients.

At all Druggists. Write for free booklet of letters from grateful mothers. ANGLO-AMERICAN DRUG CO. 215-217 Fulton St. New York. General Selling Agents: Harold F. Kitchin & Co., Inc. New York, Toronto, London, Sydney.

CURES COLDS—LA GRIPPE in 24 Hours. CASCARA QUININE in 3 Days.

Standard cold remedy world over. Demand box bearing Mr. Hill's portrait and signature. At All Druggists—30 Cents.

**St. Joseph's LIVER REGULATOR**  
Large Can 25¢

**GREEN MOUNTAIN ASTHMA**

COMPOUND quickly relieves the distressing paroxysms. Used for 50 years and result of long experience in treatment of throat and lung diseases by Dr. J. H. Guild. FREE TRIAL BOX. Treatise on Asthma, its causes, treatment, etc., sent upon request. 25c. and \$1.00 at druggists. J. H. GUILD CO., RUPERT, VT.

**Grove's Tasteless Chill Tonic**  
Old Standard Remedy for Chills and Malaria. 60c

**PISO'S** Try PISO's astonishingly quick relief. Asyrupunkle all others—pleasant—does not upset stomach—no opiates. 35c. and 60c. everywhere.

**Dr. KING'S PILLS**—for constipation. Purify the blood.

**Girls! Girls!! Clear Your Skin With Cuticura**  
Soap 25c. Ointment 25 and 50c, Talcum 25c.

Egyptian Stuff. "Tell me what you know about pyrus." "I think he succeeded Cheapo."

**Sure Relief FOR INDIGESTION**

**BELLANS FOR INDIGESTION**  
6 BELLANS Hot water Sure Relief

**BELLANS** AND 75¢ PACKAGES EVERYWHERE



### COW DAY DREAMS

"Moo, moo," said Mrs. Cow, "I am not asleep but I am dreaming."

"Goodness me," said Mrs. Brown-and-White Cow, "I do not understand. That is too much for my cow mind."

"Well," said Mrs. Cow, "it is quite possible to be dreaming and yet not be asleep. Perhaps though I should say that I am day-dreaming."

"When creatures day-dream they think of things during the day-time which they would like to have, of places they would like to visit, of happy events they would like to have come off."

"Such are day dreams. Creatures may never close their eyes and yet they may have day dreams."

"I do hope in my cow way I am clear and that I am explaining it to you so you understand."

"Yes," said Mrs. Brown-and-White Cow, "I understand. And what have been your day dreams, Mrs. Cow?"

Mrs. Cow was much pleased to tell her day dreams. In fact, that had been what she had been wanting to do.

"I have been dreaming of the springtime," said Mrs. Cow. "The springtime will not be here for quite awhile now, but I am dreaming of it."

"I am thinking of the brook and the stream. The ice will have gone when the springtime comes."

"And after Mr. Sun has taken the chill off the water it will be so pleasant."

"Then the grass will begin to grow and everything will start in for another summer of glory."

"As I look out of the stall window upon this cold winter day I do not think of the snow which I see before me. I would see that if I were not day dreaming."

"But as I am day dreaming I think of the warmth and the soft, lovely earth and of days and nights spent out of doors."

"I think of all of that."

"To my cow mind," said Mrs. Brown-and-White, "I think you are clever."

"Yes, I think it is clever for one to think of warm weather when it is cold."

"Of course anyone can think of warm weather when it is cold, but I mean that I think it is wonderful when they can actually almost feel the warm weather."

"Why when you were talking just now you spoke as though you actually felt the warm spring air upon your face and could feel the lovely earth under your feet."

"The very way I felt," said Mrs. Cow. "Oh, that is the great joy of day dreaming. You should try it, Mrs. Brown-and-White."

"Yes, you should try it."

"Well," said Mrs. Brown-and-White, "maybe I will."

And there was quiet for awhile.

Then Mrs. Brown-and-White said:

"Moo, moo," and Mrs. Cow said:

"My dear, do tell me! Have you been having a pleasant day dream? Have you?"

"Why yes," said Mrs. Brown-and-White, "I've been having a beautiful day dream. In fact I almost felt I was too hot and that the flies were bothersome. I got very far along in my day dreaming."

"And I understand now how children have make-believe games. I remember a little boy this fall asking his mother if he could make a bonfire."

"There would have been no one to watch the bonfire and the mother was afraid something might happen, so she told the little boy that he could only make a make-believe bonfire."

"That little boy had a beautiful time, too. He pretended there were flames and he danced about the bonfire."

"He had made it out of leaves, but there was no fire about it."

"And yet he had such a splendid time making-believe."

"And there was I actually feeling too warm, so real a 'make-believe' as I was having."

And Mrs. Cow smiled and so did Mrs. Brown-and-White for it was a great joke to think a day dream could be as real as all that.

So the cows often had their day dreams during the winter and their day dreams were always of the springtime and the summer and of beautiful meadows and streams.

## HOME TOWN HELPS

### TOO FEW OBJECTS OF BEAUTY

Great American Sculptor Criticizes Conditions He Says Exist in the Smaller Cities.

Speaking before the Ninth Recreation congress, at Atlantic City, on the subject of "Beauty in the Home Town," Lorado Taft, American sculptor, declared that the reaction of the average American to art is that of the doughboy who said when he saw his first French cathedral:

"Gee, how did all that happen?"

The Chicago sculptor contended that the only objects of beauty the average small town in America possessed were its trees and its girls. After the tourist had been shown the garage, the hotel and the cemetery the points of interest were exhausted, he said.

"What we need as a nation," said Mr. Taft, "is to teach our children to use their hands in delicate and skillful crafts; to give them more creative games. Our ideal today is expressed in the words of the man who said to his small son: 'Johnny, study hard, so some day you won't have to work with your hands.'"

"Imagination is cultivated by the lack of the jiggling movie show of the cities; that is why our great poets come from the country or small towns; but the young artist must first have the glimpse, the dream, the vision in more concrete work of art before he can go back to his plow to create."

### MOVE FOR "BETTER HOMES"

Regularly Organized Campaign Has Met With Gratifying Success in Securing Support.

There are 31 cities in the state of New York organized for the "Better Homes" campaign. A nation-wide organization has been perfected to bring the better-homes idea to the largest number of American women. There are 20,000,000 women in America whose work lies in their homes. It is to help these women that this campaign is being carried on. It is the ambition of those backing the campaign to make every new home built in the next few years all that the house must be if it is to be worthy the name "home," and to bring about the remodeling of every old house that is ugly, uncomfortable or inconvenient to live in.

Less than 50 per cent of the American people are home owners and it has been claimed that only 20 per cent of these dwellings come up to the recognized standards for a good home. There has never been so great an interest in the building of new dwellings and improvement of houses already built as shown by the records of this year.

Wanted, a Million Homes. "We are short about a million homes," declared Herbert Hoover in a recent speech. "In cities such a shortage implies the challenge of congestion. It means that in practically every American city of more than 200,000, from 20 to 30 per cent of the population is adversely affected, and that thousands of families are forced into unsanitary and dangerous quarters. The condition, in turn, means a large increase in rents, a throw-back in human efficiency and that unrest which inevitably results from inhibition of the primal instincts in us all for home ownership. It makes for no mads and vagrants. In rural areas it means aggravation and increase of farm tenantry on one hand, an increase of landlordism on the other hand, and general disturbance to the prosperity and contentment of rural life."

FOR THE TABLE

In using bread crumbs for escalloped dishes, season well with salt and pepper and add to a small quantity of melted butter; stir until well mixed. Currants, the dried variety, may be well cleaned by rubbing them well in flour, which will remove any grit, then wash and dry in a colander and they will be ready for use.

One of the most wholesome of breakfast foods is wheat right from the granary. Soak over night, then cook slowly on the back of the stove until the wheat is a gelatinous mass. Serve with top milk.

Green Soup.—Wash two quarts of spinach in several waters. Wash, peel and chop fine three small turnips, two onions, a bunch of celery and a bunch of parsley. Fry the vegetables in four tablespoonsful of butter, add a pint of water and simmer until tender. Mix two tablespoonsful of flour with a little milk, add it to one and one-half pints of milk, and boil five minutes. Put all the vegetables through a sieve, then add the hot milk and serve with croutons.

Tuna Fish Salad.—Take one cupful of tuna fish, shredded, three-fourths of a cupful of boiled salad dressing, one-half cupful of chopped celery, one-half envelope of gelatin, one-fourth cupful of water, one chopped green pepper, one-half teaspoonful of salt, and one-fourth of a teaspoonful of paprika. Soak the gelatin in the water five minutes, then add it with all the other ingredients to the hot salad dressing. Turn into individual molds dipped in cold water and chill. Turn out on crisp lettuce and serve.

Southern Golden Fleece.—Cut fine and melt in a saucepan one-half pound of rich cheese; when soft add one cupful of cream and a dash of cayenne; when thoroughly blended, break in five fresh eggs, cover for two minutes; when the white is set, remove the cover, add a little salt and beat the mass briskly with a spoon for a few minutes. It will rise in a yellow foam, tender and delicious. Serve on buttered toasted milk crackers.

Closed the Hotel.

"Home from your summer cottage so soon?"

"Yes, had to come back to get rid

of Nellie Maxwell

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## The Kitchen Cabinet

It is wonderful how large a little bit of a fraction will grow, if you only multiply it enough.—Robert Bessley Hale.

### A VARIETY OF GOOD THINGS

Who does not enjoy a good cake? Packed eggs when carefully kept may be used for such a cake.

Silver Loaf Cake.—Take two and three-fourths cupfuls of pastry flour, one and one-fourth cupfuls of granulated sugar, two-thirds of a cupful of water, one-half cupful of butter, the whites of seven eggs, three teaspoonfuls of

baking powder, one teaspoonful of flavoring extract and one-half teaspoonful of salt. Cream the butter and add the sugar, mix until well blended, then add the flour sifted with the dry ingredients, alternating with the water; fold in the stiffly beaten whites and bake in a moderate oven for one hour.

Pound Cake.—Take ten eggs, one pound, or two cupfuls of sugar; one pound, or four cupfuls of flour; three-fourths of a pound, or one and one-half cupfuls of butter; two teaspoonfuls of lemon extract; add one teaspoonful of salt. Cream the butter and sugar until white and foamy. Separate the egg yolks from the whites and beat well. Add alternately one heaping tablespoonful of flour with a small portion of the beaten yolk and white, beating the mixture well between each addition of flour and egg. The success of a pound cake depends upon the beating and the baking. Put into a very slow oven and increase the heat to a moderate oven and bake one hour and a half.

Sweet Apples and Quinces.—Core a half-dozen sweet apples, fill the centers with chopped quince, add sugar and water and bake until well done. Serve as a dessert with whipped cream.

Honey Hermit.—Take one cupful of butter, one and one-half cupfuls of honey, strained, one teaspoonful of soda, three eggs, five cupfuls of flour, one teaspoonful of salt, two teaspoonfuls of cinnamon, two and one-fourth cupfuls each of chopped raisins and nut meats. Dissolve the soda in the honey which has been slightly warmed, with the dry ingredients. Add the fruit and nuts last. Drop from a spoon on a buttered sheet and bake in a moderate oven.

Orange and Walnut Salad.—Peel fine juicy oranges, cut into very thin slices. Slice walnut meats, using one cupful of orange to three-fourths of a cupful of nuts. Mix with a highly seasoned French dressing and serve on lettuce.

Those persons and things, then, that inspire us to do our best, that make us live at our best, when we are in their presence, that call forth from us our latent and unsuspected personality, that nourish and support that personality—those are our friends.—Randolph S. Bourne.

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## Merchant Now Eats Anything on Table

"By the help of Tundac I have overcome a case of nervous indigestion I had suffered from for ten or twelve years," is the emphatic statement of Norman W. Brown, well-known wall paper and paint dealer, of 112 N. Cedar St., Charlotte, N. C.

"My stomach was always out of fix and everything disagreed with me. I was troubled with heartburn and dizziness, and at times there was a pressure of air around my heart that almost cut off my breath."

"Since taking Tundac my digestion is fine. My appetite is a wonder and I eat just anything I want. In fact, my stomach acts and feels just like a new one and my nerves are as steady as a die. To put it all in a few words, I am just the same as a new man. It's a pleasure for me to tell my friends about Tundac."

Tundac is sold by all good druggists.—Advertisement.

Jury Duty.

"Did Wombat make an intelligent jury?"

"He must have. Both sides seemed anxious to excuse him." Louisville Courier-Journal.

**Breaks colds in time safely**

A small dosage brings quick relief to scratchy, irritated throats. Cough eases, phlegm clears away, inflamed tissues are soothed. Now—before a slight cough becomes a serious ailment—break it up with

**DR. KING'S NEW DISCOVERY**

—a syrup for coughs & colds

When the Children Cough, Rub Musterole on Throats and Chests

No telling how soon the symptoms may develop into croup, or worse. And then when you're glad you have a jar of Musterole at hand to give prompt relief. It does not blister.

As first aid, Musterole is excellent. Thousands of mothers know it. You should keep a jar ready for instant use.

It is the remedy for adults, too. Relieves sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of back or joints, sprains, sore muscles, chilblains, frost-bitten feet and colds of the chest (it may prevent pneumonia). 35c and 65c jars and tubes.

Better than a mustard plaster

**MUSTEROLE**

WILL NOT BLISTER

**TOO LATE**

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

**LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1876. Guaranteed. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation.

**Put Prohibition on Cotton.**

In 1700 the importation of cotton goods into Great Britain was prohibited and in 1721 the manufacture of cotton in England was absolutely forbidden by act of parliament, a penalty of \$100 being inflicted for selling it and one of \$25 upon any person convicted of wearing it.

**Look to Your Eyes**

Beautiful Eyes, like fine Teeth, are the result of Constant Care. The daily use of Murine makes Eyes Clear and Radiant. Enjoyable. Harmless. Sold and Recommended by All Druggists.

**MURINE**